

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's on your bucket list for the summer?



"Get a full-time job."

Ryan McFried,
third year
marketing



"I don't plan on dying by the end of the summer."

Michael Wilson,
second year
broadcast journalism



"I want to go skydiving."

Tyson Piles,
second year
broadcast journalism



"To spend six hours in a day digging the foundation for my Mr. Peanut Man-shaped pool."

Brad Bowers,
second year
television broadcasting



"Skydiving and travelling to France, Prague and Amsterdam."

Kyle Wilson,
second year
business administration
marketing



"Travel and I want to do that thing where you run up the wall and flip. And after the stairs in the school."

Mike Rheaume,
second year
broadcast journalism



BY JAMIE WATSON-COOPER

Chances are if you own a television, you have most likely seen commercials for online dating sites such as eHarmony, Match.com and many others.

They're all the same. They all promise that you will find true love and a lasting relationship by using photos such as "First dates on our site have a better chance of turning into happy relationships" or "With millions of singles online, our site is sure you'll find someone special within six months." Of course, one can't forget the testimonials from the happily married couples who met on these dating sites.

Though these commercials do seem unbelievable, there are people who actually buy into the idea that becoming a member on one of these sites will actually find them true love.

"Why are most people on these sites to be in a relationship? Could it be all the pressure from family, friends and our step in general to either do, get married and start a family?"

Many users on one local year of personal business like often look pressure from friends to "get out there."

However, Moore is enjoying his life the way it is. "I'm happy the way I am," she said. "If it happens it happens. I'm not going to go out and look for anyone."

The issue with online dating is that no one really knows the person they're communicating with.

Sometimes people are not who they say they are. There are some red flags that have been listed on various websites so those who plan on trying online dating know what to look out for.

The websites, if the user name is severely unusual, chances are that person is not looking for a long-term relationship.

The photos if the photo is grainy or not of them, the website might have something to hide. Another thing to watch out for is what



Photo by Ashley Whelan

If you plan to use an online dating service, make sure you read people carefully and look for red flags.

the person is wearing. If the person is half naked or wearing something inappropriate, that is a hint to move on to a different profile.

The language if you come across a profile where the individual is bragging about having been in love, all the phone numbers have travelled to it, you need to be careful. It's likely a scam.

"I don't think you should try to make love happen. It just happens."

— Natasha Soper

Many email. Generally when you get a response, you can usually tell if someone's actually read your profile. If however, you get a generic email that reads something like "Hi, like that" then it's best not to respond. It's likely that the same message has been sent out to lots of other people.

If after you've established an email correspondence and the person is giving you inconsistent information, sending personal questions or refusing to speak on the phone, it is best to stop the communication right there.

Then there's the ever-changing profile. The photos discovered while looking around on an online dating site, some people are constantly changing the content of their profiles to maintain

the profiles of other people. This is a major red flag and that person should be avoided.

Online dating isn't the only new way to date. Speed dating has become popular over the years. This is a formalized matchmaking process in dating events which helps people meet a large number of new people. Speed dating currently has its advantages. Everybody in there to meet someone, they are grouped into compatible age groups, it's time efficient and the structured environment eliminates the need to introduce oneself. This makes it a little less awkward for both parties.

"Don't get discouraged by talking to someone for an hour and a half over a meal," said Moore.

She went on to say that even if you couldn't find anything on someone with the first person there, OK because you can always meet outside the next person.

However, if you just met someone who's whole dating comes up to the end of the world, despite some of the pressure from family and other people to seek a relationship it's best to wait it out.

"I don't think you should try to make love happen, it just happens," said Natasha Soper, a second year student in early childhood education.

Soper has a few words for those who have decided to look for love and are about to go on their first date.

"Don't take home getting ready," she said. "Don't be nervous! Don't pretend to be someone you're not just to impress the person. If they don't like you then that's their problem."

CONNECTION

In an April 9 story on a mother and her two daughters, all attending Conestoga, the last name was spelled wrong. It is supposed to be O'Neil. Mike Spinks apologizes for the error.

Cartoon Corner



Ceremony commemorates battle at Vimy Ridge

By JAKE BAYBARGER

The Battle of Vimy Ridge was fought from April 9 to 12, 1917 during the First World War in the Nord-Pas-de-Calais region of France against the German army. The Canadian troops were victorious, but they paid a heavy price — 3,586 were killed and 7,004 injured.

A ceremony held in honour of the 84th anniversary of this battle took place at the Millennium Armoury April 4. On attendance by Louis Vachon, chair of the 100th Western European Canada party support committee, the event allowed troop cadets and the public to recognize the veterans' efforts.

A memorial service began at 7 p.m. and lasted approximately one hour. Some of the people who paid their respects included Lt. Gen. McCausland, president of the Army Cadet League of Ontario, Tim Beckett, Richmond City councillor, and Jean Bouchard, the president of Branch 56 of the Royal Canadian Legion.

"Mr. Dan McCumber is very instrumental in having the entire program be involved in activities on the ceremony," said Vachon.

The assembly participated in other events including Remembrance Day services in Barre and at the same Richmond cemetery. They also



PHOTO BY JAKE BAYBARGER

A ceremony commemorating the 84th anniversary of the battle of Vimy Ridge was held April 4 to allow army cadets and the public to honour those who died in battle.

taken part in parades and in Quebec for two events were held on the grounds regularly.

The previous year was the first time the army cadets participated in the commemoration of the battle of Vimy Ridge. The next cadets have always commemorated the

Battle of the Atlantic and the air cadets have always commemorated the Battle of Britain. However, the army cadets didn't have an event to call their own. McCausland asked the National League of Cadets if the army cadets could participate in the Vimy

Ridge ceremony which was approved. The official kickoff for the cadets was held in Queens Park last year. The kickoff this year was held in Ottawa and everyone there received a Vimy Ridge commemorative pin.

The Battle of Vimy Ridge

has considerable significance for Canada. It was the first time all four Canadian divisions fought as units in one large unit. The battle of Vimy Ridge also shaped national unity and collective identity and was Canada's coming of age as a nation.

Tri-cities hold community cleanups

Tim Hortons making a difference in the region

By TIVYAN HILSON

It's that time of year again. The snow has melted, the days are playing and snow pelting begins less upon the ground.

The Tim Hortons' maintains its cleanup as one way to get people involved with the community and get them thinking about the environment. The initiative cleanup will be held on Saturday April 21. Kitchener and Waterloo will run from 10 a.m. to noon and Cambridge will be held from 9 a.m. to noon.

It's a time when businesses and the city come together for the environment. The day can educate people and improve the community one piece of litter at a time.

Cleanup events will take place at Millennium Park in Kitchener and Waterloo Park in Waterloo. Free shuttle service will be posted on the City of Kitchener website and will depart from Victoria Park.

Cambridge will hold its cleanup at three different



locations, including the Tim Hortons' parking lot at Nepean Holiday Inn Drive in Preston and Riverside Park in Oak.

In addition, according to the City of Kitchener website, participation is not required, but donations of volunteer time are available. The city is looking for individuals who are energetic, love the outdoors, enjoy helping people and who are enthusiastic about the environment.

On each location, returned participants will receive a T-shirt and volunteerism applied by Tim Hortons while

signing last. Gloves and bags will also be provided. There will also be the chance to win prizes including Tim Hortons gift cards, bags and a snow tube sled.

In order to be entered into the draw to win the snow tube sled, participants must exchange a bag of garbage. The draw will take place at noon and the participants must be there to receive the prize.

For more information on the Kitchener cleanup, contact Jeanne Gaudin, facilities and volunteer, at 315-741-2387.

For more information on the Waterloo cleanup, visit www.waterloo.ca/cleanup or contact the City of Waterloo environment and parks service at 315-7479440.

Lastly, for more information on the Cambridge cleanup, contact Paul Wilkins, environment planner, at 315-740-6554, ext. 4399, or willkins@cambridge.ca.

Many more cleanup dates and times can be found on each of these websites.

Growing pains strike

Continued

They have been forced to drastically curb the number of students at their college, which Katrina Graham, a fourth-year nursing student, said has been very detrimental.

"It's pretty alarming to us given as students and to be able to have that voice and to come together and to have one voice and community and understand the given as so much could mean to do what we need to do and to be good people."

But as John Tibbitts, president of Conestoga College, explained, that's simply the nature of the beast, sometimes some outside forces, and everyone would like more space for their university.

"In general, I think there's been an understanding that this is appropriate," said Tibbitts, who hasn't heard of any of the more complaints. "And if there has been any complaint, it's mostly because people felt it was interference with what they were doing." He added that, while the college community at large needs to be respect-

ful of the Aboriginals in the area, the Aboriginals of the whole community.

And sometimes, the bigger group is not just accepting, but supportive of Aboriginal learners.

Zory Koss, a third-year integrated marketing communications student, isn't altogether himself, but is an ally with the dorm and hopes something good comes out of Timogov's visit.

"Eventually, from Togo, North America like Ker Thompson, chairman of the board doesn't come here for no reason. He obviously has a vested interest in building relationships, as building schools."

In essence, Tibbitts thinks that Togo is looking for ways to support Aboriginal services at Conestoga College and will come with a proposal from them. He isn't sure whether that will entail more space, scholarships or something else for the group.

But in the end, at least the two groups have a relationship with each other now.

Mulcair must embrace Layton's legacy

By NEP MEMBERS

New NDP leader Thomas Mulcair needs to embrace the legacy of former leader Jack Layton to ensure his party stays strong.

Mulcair was elected as the new leader on March 31 and had worked with Layton since 2007 after being named deputy leader of the party along with Libby Davies. He was re-elected two more times as a member of parliament for Vancouver in Quebec in 2008 and 2011 before taking on his new role with the party.

"He has my entire support," Brian Topp said to the media after backing him for the spot as leader of the party.

Mulcair walked into a great situation as the new leader. The NDP still have a lot of momentum after winning 100 seats in the past federal election. The party did many things right, including embracing the student vote.

With the Quebecers Mulcair coming to leader, the NDP should have no problem gathering voters in the province. Quebec ended up being a major turning point in the election, with the Liberals and the Quebecers losing a large number of seats to the NDP.

As they continue to move as the official opposition in Canada, Mulcair should take a look back at what Layton did to bring the NDP to the forefront of Canadian politics. Layton was a passionate leader who knew where to pick his battles.

Mulcair needs to come out flying and prove himself. Shortly after he took on his new duties, Prime Minister Stephen Harper's Conservative party released advertisements attacking Liberal leader Bob Rae. This move by the Conservatives indicates they think Rae will be their main threat when the next election is called and not Mulcair.

The ball is now in Mulcair's court. By the Conservatives attacking Rae and the Liberals instead of him, it shows that Harper doesn't feel threatened by Mulcair. In order for Mulcair to be successful, he needs to establish a plan to prove to the country that the NDP can lead the government successfully.

Whether he tries to attack the Conservative party which has dominated the federal landscape or he takes a shot at the Liberals who tried to run up their leader after a disappointing election, Mulcair needs to come out strong and keep the NDP front and centre.

The vision herein represents the position of the signatory group not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

We welcome letters to be published.

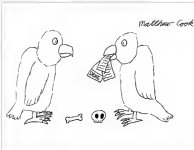
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than 500 words.

Spoke reserves the right to edit any letter for publication.

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Well, that was another good year!

Winning can't come at all costs

Orders to injure opposing players must be banned

There have always been heated clashes in sports, including Canadian soccer, Lacrosse, and many others.

We all enjoy the spiritual fight of a game that is more about the win, but to the end it is simply a game. Both fans and participants of the sport need to realize that. Nothing that happens on the playing field is worth an injury that could affect athletes for the rest of their lives.

Coverage of the most recent case of assault on sports has been all over the major sports channels, chronicle the fall of one of the most beloved sports teams, the New Orleans Saints. Head coach Drew Brees had been suspended for the 2012-2013 because he didn't ensure his assistants and players weren't offering bonuses to injure



Kenneth Williams
Spokane

opposing players around the league, including Brett Favre and Peyton Manning. However, this isn't the first time a coach or player has been known to injure an athlete. One infamous incident dates back to the 70s when Bobby Clarke went after Russian superstar Vladimir Kharlamov during the world game of the 1978 Summit Series. According to an ESPN article, numerous months later Kharlamov was hospitalized after the incident. Years after the tournament that he had met Clarke and the two went on the express purpose of targeting Kharlamov's already sore

ankle. Clarke studied the Russian player's ankle, breaking it, turning the man on Canadian's favour.

This warning at all costs mentally must stop. Having to put on a uniform each and every day is already hard enough, but athletes know that injuries are part of the business. But having someone target you is entirely different.

It has been eight years since Todd Bertuzzi made a nasty attack on Steve Moore from behind with a vicious punch, ending the career of Moore at the age of 35. Bertuzzi was suspended the rest of the year, but has been playing ever since, even winning 12 Stanley Cup awards.

When will we stop seeing it as part of the game and instead start cracking down on those who have lost respect for it? No game should be a blood sport.

SPOKE

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A penny for your thoughts

By WILLIAM MURRAY

With the recent news that Canada is skipping production of the penny in six months I went around, *Canoeys College* to see if students could make "cents" of the situation.

"I think it makes sense because it never felt like it was going to be there for a long time or at least that's what I've

heard through the news," said Tim Worth, a student. "It's kind of a, what effect does it really have on us? Buying and for an extra five cents I don't think it's that big of a deal. So I think it's a good move on Canada's part."

For those of us who don't have the government in human means on every penny produced, it costs approx-

imately \$1.1 million a year to supply pennies, which is why they are being phased out.

What this means for the average Canadian is that every cash purchase will be rounded to the nearest five or 10.

According to an article on *the* "the rounding will not be done on single items but on the total bill of sale. If the price ends in a one, two, or three it gets rounded down

to 0 or 5. If it will be rounded up if it ends on three, four, eight or nine."

Those using debit credit cards or cheques won't be affected. This could cause an interesting dilemma for those penny pushers who want to save that extra cent. Should they use cash or credit?

One thing remains certain, as far as students go, little go on pennies as long as

it's wrong Canada money, then they don't really care. Just asking student from *Manitoba* clearly said, "I think we should keep all the pennies, it costs too much to make them."

The only reason that this reporter can think of is that future generations won't be able to understand what a penny for your thoughts means.

Say goodbye to your BlackBerry, as RIM is slowly sinking

The iPhone versus BlackBerry debate is coming to an end, as Research In Motion is slowly sinking.

RIM seems to be the last best hope in every newspaper and on every social media website.

While they once did Windows great with their groundbreaking technology and built to be in my pocket, lately the Windows company is having trouble coming up with new ideas — at any price.

On the flip side, Apple is booming and their new



Vanda Bobotko
Opinion

phone, the iPhone 5, is super to anticipate.

Even walking through the hallway at school, or down the street the iPhone or BlackBerry user ratio is heavily one-sided.

After Jim Bobotko and Mike Lacroix stopped

down from their school activities after previous, everyone hoped for some improvement within the company.

Needless to say, these improvements didn't happen. Bobotko also recently resigned from the board of directors, leaving the company behind completely. Bobotko is considered a hero as our community and was the face of RIM.

While RIM was once the top job provider in Waterloo

Region, now people are deep into it as a career.

With numerous devices for the same operating system, the demand is just not high enough. And with the economic state of the country, especially with the high unemployment rates and gas prices taken, people are saving every penny rather than spending their money on new devices.

The fact that RIM now allows their employees to use other operating systems at

work, such as an iPhone or Android, makes it clear that even though they may "they support the other operating system," what they're really saying is "we're failing."

Everyone knew it was risky when RIM laid their first round of layoffs last summer.

Since then the company has continued to lay under more. It will take a Herculean effort and some great investors to save RIM from ruin.



COUNSELLOR'S CORNER: Community Resources

The counsellors at *Counselling Services* are here to help with issues that students face on a daily basis, but we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Kitchener, Waterloo, Cambridge, Guelph and other communities.

Especially as the school year draws to a close for graduating students, it's important to make a connection with people and places outside the college. These resources can help you find an affordable home, find a car seat, baby clothes and toys, connect to counselling groups and workshops, or give a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected.

A Message from Counselling Services

Career Fit

A two part workshop to assist students with career planning and development

- ✓ Explore myths and realities of career planning
- ✓ Discover great online career resources
- ✓ Complete the Strong Interest Inventory, one of the most widely used career tests

Online Note: This is NOT a remote online job search workshop and is geared for full time students

Part 1: Tuesday May 22nd — 5:00 to 6:00 p.m.

Part 2: Tuesday May 29th — 5:00 to 6:00 p.m.
(seat have attended Part 1)

This workshop is free for a limited seat
a certificate of completion will be offered
to students who attend both workshops.

Registration is required via MyCareer
From the Student Portal, click on the Services tab

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PHOTO BY ANDREW BRADLEY

Tyler McDermott, a first-year computer programming and analyst student, illustrates a common scenario: students race near lunch time in the not of a school year's life of studying fueled by energy drinks.

Speed, energy and exhaustion in a can

By ANDREW BRADLEY

Our society's addiction to speed and energy is increasing with each passing day. The desire to connect and spread information and network and connect with friends instantly requires not only our tools be able to get here at such speeds, but our bodies and minds too.

Energy drinks, such as Rockstar, Monster and Red Bull, are among the most popular brands of energy drinks, but are not the only ones to see an explosion in popularity over the past 10 years despite first being introduced to our market in 1989.

Red Bull was the first major drink introduced to the United States in both name and product with the slogan, "All the other and leave the caffeine." According to their website, "Red Bull helped fuel the early growth of the technology industry and greatly because the longevity of their success. Internet access, instant video, cell phones, games and computer industry employees."

As smartphones or pocket-sized computers, become more prevalent within our society, with sales said to have surpassed that of personal computers in 2011, it's no wonder since that last year's energy drink sales reached \$8.5 billion, or a 10.7 percent increase

over 2010 according to a Symphonic99 Group study which indicated sales throughout the U.S.

Since Red Bull's introduction, energy drinks have evolved into what are now known as "natural health products" in Canada, as the drinks themselves have evolved into more than just highly caffeinated drinks but also include an energizing mixture of herbs and vitamins such as ginseng and vitamin B12.

"I've never prescribed an energy drink to anybody" said Dr. Laura Stein, a naturopathic doctor in Georgia with six years of experience in the field.

"My main issue with them is they're manipulating the body, which is fine, but the natural consequence of which is an energy drink is more awareness."

Stein said the body and mind were made for energy drinks but not necessarily for the amount of energy which has been added to the mixture, but rather the additional manufacturing cost for coloring, preserving or flavoring.

"What's a Red Bull for me the addition is for complete natural flavoring" she said.

"There are no ingredients that any of the companies producing natural flavoring to any product are required to disclose (the ingredients), she said, citing a case in which two of her patients suffered

from allergic reactions to a naturally flavored product. "She did, however, advise people on energy drinks for different reasons but said the root of the issue remains the same."

"Once after you eat, it's to get that stimulation, especially in our society now where everyone's tired and exhausted and needs that extra kick," she said.

Steven Mitchell, a 24-year-old security guard, falls into this category. He works over construction sites throughout Waterloo, he back-to-back 12-hour shifts.

"There gets to be a certain point in the middle of the night when your whole pit is to go to work," said Mitchell.

"You can't stay awake very long unless you take something to boost you up," he said.

Stein said she isn't concerned by the common belief energy drinks provide, but rather when they are used long-term.

"I wouldn't be aware to have a person like a student, say, 'You know what? I need this for that last little push, because the reality is that what students are doing,' she said.

"It's short-term. It's a temporary fix to stimulate their system, so I wouldn't be concerned with somebody is doing that out of exhaustion but if someone is drinking these things all

the time because they need this energy, then that needs to be addressed because that is not a healthy solution."

According to Mitchell, he would have at least one energy drink per night during his shifts throughout the week. He described the feeling of coming up to the front of the energy drink's effects, as being warm, however, as the popular saying goes, what goes up must come down.

"The thing with energy drinks is," Mitchell said, "you feel more tired than you did before you had it to begin with. Once you start coming down after it you're just exhausted."

Stein said there is one ingredient in energy drinks responsible for the numerous crash associated with these cans.

"When you're getting the high and then low, what I'm thinking is what the negative part is of these drinks," she said while further explaining the relationship the ingredients have with one another.

It's caffeine, she said, and once you're in every function in your body while the caffeine stimulates receptors which make you want to move and increase your cognitive function. Then the body produces the sugar and insulin which drive the rest of your body with glucose.

When the body's glucose stores are burned through,

Stein said this is when the user experiences the crash.

Mitchell has a view of the problems associated with diets high in sugar have met consumer needs by producing energy drinks free of sugar, often replacing it with sweeteners.

"If someone is drinking an expensive energy drink, then that is a health issue," said Ste.

Aspartame was never intended to enter the food supply chain, but now it is in thousands of products and one of its byproducts in the body is formaldehyde which is a neurotoxin and can contribute to so many problems," she said, adding, "Energy drinks with sweeteners want to fill the market, please don't drink them."

For Tyler McDermott, a first-year computer programming and analyst student at Centenary College, leaving Ste's advice wasn't a problem.

"I don't drink energy drinks" he said. "It does tend to make you up and have a run."

He said despite their claims of being a natural health product they aren't healthy because of their "super high levels of caffeine which isn't healthy and they don't recommend drinking more than one per day. I can take more Tylenol than I can one of these [energy drinks]."

A featherweight battle in Waterloo

By ALEXANDRA HARRIS

As pop music blared over a loud speaker and energy drinks flowed in the arenas, thousands of Waterloo Region were being attacked in the head.

April 7 was International Pillow Fight Day and this was the second year as a new star, Dana Lockman, event organizer for area fights on, placed the pillow fight in Waterloo Public Square.

"I went to Toronto pillow fight a couple of years ago and thought that we could really do it here," he said. "It's great that we have an audience for this sort of thing."

Lockman promotes free and family friendly fun.

"We're not collecting money for charity. We're not raising money for anything. It's free and it's just fun," Lockman said.

The rules were simple and, for those free pillows only, you couldn't swing at people who didn't have pillows or those who had cameras. You had to swing safely, wait for the signal to begin, remove your glasses, headband and clean up after yourself.

Kelley Burton, a fourth-year psychology student at the University of Waterloo, said she stopped out of The Square only to be shocked by what she saw.

"I'm from a small town and you don't see this every day," she said. "I saw a bunch of colours and wondered what was going on. This is hilarious. It looks like a lot of fun."

Lockman beamed. Cheryl Letourneau said, "The atmosphere and diversity are great. You can bring your own hats and headbands and principles hanging out. It's just good vibes."



PHOTO BY ALEXANDRA HARRIS

Two pillow-fighters battle it out on April 7, International Pillow Fight Day, in Waterloo Public Square.



PHOTO BY TERRY WILSON

On a warm, hot Irish afternoon, Waterloo Public Square was filled with pillows and people as they participated in International Pillow Fight Day. The pillow fight battle out in 113 cities around the world including in Europe, Asia, North America and the Middle East. Thousands gathered to give complete strangers with the intention of having fun.



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Left: First copies of Spoke found in the LSC. Where the paper got its name is unknown. Two possibilities are that it could refer to a spoke on a Conestoga wagon, or to the paper being the "voice of Conestoga's students" according to an old slogan. Likely it's both.



A close-up of the 1971 Spoke logo



RECOVERED HISTORY
Spoke columnist Ron MacQueen became the Vancouver Sun's editor of Maclean's magazine.

WHAT YOU DIDN'T KNOW ABOUT **SPOKE**

BY ERIKA DENHARDT

Recovering Spoke's back catalogue in the Library Resource Centre, one feels a sense of the history not only of the journalism school program, but of Conestoga College itself. Every newspaper item and snippet of the college world reporting has been captured somewhere in its issue of Spoke.

In the '60s and early '70s, this included news historically dated stories about happenings on the major and no university and newspaper public trust, even serious transportation long before Grand River Transit known as "State-aid."

The stories and the photos tell a lot, but what about the story of the paper itself: how it started, how it changed over 44 years and what four different success stories started out writing for this modern

newspaper?

Behind penname and newspaper editor Andrew Jankowski, a professor at the college for over 30 years and an editor of the journalism program for 15 years, knows a thing or two about the history of Spoke.

He knows it was born roughly a year after Conestoga College opened in 1967 and was originally published by the Dean Student Association, the equivalent of today's Conestoga Students Inc.

First, then, he said in a phone interview, Spoke was

"what is known in the industry as a 'spoonfeed'—a paper that was 'tame today and gone tomorrow.' Writers were paid but we are not necessarily journalism students. It wasn't a very good paper in the early years. There was very little in it in terms of news."

But he added, the writers

weren't trained in journalism

style. When the journalism programs took Spoke over, the writers were no longer paid because it was now a "vehicle for teaching." As a result, quality of writing and reporting went up and one of the "I word" went down.

In his early days of teaching, Jankowski remembers his students writing their stories on typewriters, making them off for reprinting, and putting up page layouts manually—a process he described as "torture."

But when the program began computerizing Spoke's production in the late, it was "ahead of the curve," being the Record for timely modernization. But the change "happened incrementally." When Jankowski left 13 years ago, his students were still taking photos on film cameras, scanning the negatives by digital readers that send them to a computer file.

One thing that has stayed constant in the stream of talented individuals who made their first work on the industry through Spoke: The Spoke computer lab could easily have a "wall of fame" for its writers who have gone on to make a name for themselves in the newspaper world.

A recent graduate and Spoke writer Charlotte Frost Perlell, is now the editor of the Richmond Post (the editor of Spoke, she came into the Post with plenty of experience). Conestoga Student Life programme Ryan Conner is also a Spoke alumnae. Waterloo Region-based city editor Harvey



PHOTOS BY ERIKA DENHARDT

Altover: The oldest issue kept in the Spoke "archive" (Issue 3 in the Dean campus LSC) is dated Feb. 2, 1971. Below: Inside a 1982 issue.



Today page designer Brenda Herd and reporter Kevin Swenson (the latest guy at the Record), according to Jankowski, are all former Spoke writers. Others have gone to the Hamilton Spectator and the Globe and Mail, and "probably the best student we ever had, Ron MacQueen, is now the Maclean's magazine's Vancouver bureau chief."

At least one Spoke story has even made national headlines. A Spoke reporter wrote

Jankowski describes an "editor" that whose name he could not recall once wrote a piece on a local political scandal that was picked up by the Record, then by the Canadian Press, then by the Toronto Star, which ran the story on the front page.

Through the decades Spoke has proven to be an exceptional. In 44 years it has become a vital part of the Conestoga College experience. What's written in Spoke today is tomorrow's archive and the writers who bring the campus news to life are shaping the future. Read Maclean's lately?



A portion of the wall in the Archive at the Spoke campus is devoted to the Spoke newspaper, shown in its many manifestations over the years, as well as the current issue.

HOROSCOPE

Week of April 16, 2012

Aries
March 21
April 19

Try and plan ahead everything you look good right now, but it is never too early to make sure the long term future looks good.

Libra
September 11
October 22

You are considering new education, but make sure of this into the plans you already have laid out for yourself.

Taurus
April 20 - May 20

Make sure that your movements are paying off because if they aren't you may want to consider shifting the focus.

Scorpio
November 11
November 21

This is a good time to see your future and think about upgrading everything to something that better suits you.

Gemini
May 21 - June 21

You are feeling good about yourself this week, make sure that you use that confidence to help benefit your self.

Sagittarius
November 22
December 21

You are enjoying the party atmosphere right now, but try not to let it affect the professional life you have built for yourself.

Cancer
June 22 - July 22

You are doing well this week and willing to give back, perhaps your humanitarian work will be good for you.

Capricorn
December 22
January 19

There more for the week, you have been working really hard and could use the time to relax.

Leo
July 23 - August 22

You will be not and about this week trying to get things done. Try and maintain the stress level that comes with a busy time.

Aquarius
January 20
February 18

You will be having some night conversations with everyone around you, try and make sure you handle it with care.

Virgo
August 23 - September 22

People are asking you for your creative help. Don't give them too many ideas or you may miss your own creative streak.

Pisces
February 19
March 20

Helping things from others is never a good idea if you want them to trust you. Be open and honest and your friends will help you.

Kenneth Beltrami is the resident astrologist who guided into the signs and saw it coming back for the last time, causing the universe to unfold before him.

Festival has many big acts

By DANIEL MAYER

The small city of Bradford knows a thing or two about hockey.

During the birthplace of Wayne Gretzky and holding the Guinness World Record for the largest indoor hockey tournament are just a few of the credentials the city holds close to its heart. But this June, Bradford is celebrating May 16 as a beloved pastime with great music for the third annual Bradford Hockeyfest, a three-day event packed with everything and would not be a summer music festival.

"From the start, our idea and our mission has been to just basically throw a big party that is designed to celebrate three of our favorite things: the great game of hockey, great music and an emphasis on Canadian talent and the beautiful community of Bradford," said Hockeyfest president, Tim Johnston.

And when it is done.

This year, the festival will feature performances by Weezer, Cansh, Helly, Theory of a Deadman, Puddle of Mudd, Maroon 5, Trench, Sloan and Down with Webster amongst others from June 1 to 3 at the festival's new venue, the Bradford Convention Area.

"We're looking forward to seeing something like 10,000 people walking our park over the three nights of our very own," said Johnston. "We've actually moved our location from Launch Park in Bradford to the Bradford Convention Area to accommodate what we expect will be a much larger crowd this year."

While Hockeyfest is a relatively new festival, Johnston is pleased with the progress he made in the few years it has been up and running.

"We have tried to grow in a sustainable way and to keep the hope of belief that people want to be involved in

create a high quality, ongoing event in an area of the province that has always been underserved in terms of the quality of entertainment it has been able to attract," said Johnston. He added that the festival was named Festival and Events Ontario's Best New Festival in Ontario at their annual awards banquet in Niagara Falls.

"We're creating momentum here in Bradford. And if you don't go, what you're doing is you're missing out on an experience and there's nothing out on the people that will have that experience with you," said Bradford World 1 Canadian dan Vandenberg is a passionate YouTube video for the event, adding that "the sound of Hockeyfest is second to none."

For information, including the weekend schedule, visit the hockeyfest.com website and other event sponsors, visit hockeyfest.com.

A LINEUP WITH HEART AND SOUL



PHOTO BY MICHAEL KELLEY

Organizers of the TD Bluesfest Blues Festival recently released the 2012 lineup. Acts include Los Lobos, Chris Brown and Down on the Border. Ray Marsden's new will be touring up with this guitar duo. Ray Rogers is being held Aug. 6 to 12 throughout downtown Windsor.

Free goodies will help you relieve your stress

By DANIEL MAYER

Summer is around the corner but unfortunately there is one thing standing in the way of that first month break: exams.

Stress, piles of textbooks to study, assignments and a lack of sleep are not the way you want to begin your summer, however, there is no way of escaping.

But you can get some relief. This week, from April 17 to 20, the Cambridge campus is hosting some relief work.

On Thursday, you can head to the cafeteria to enjoy a 12 day of pop. On Wednesday you can head to school for "Wish-It Wednesday," and

enjoy refreshments, cookies and smoothies starting at 5 a.m. At 1 p.m. on Thursday, head to the OMI office in Room 2.11.08 for the free popcorn and the week with "Bad Hair Day" with free hair stylists all day long.

There are a many camp t-shirts that could tell you when you're stressed. Some can help you relax and back other games, activities, snacks, depression, hypnosis and different relaxation techniques.

Last week, students at the Dean's lounge had the opportunity to enjoy a Blues Fest Zone hosted by Counseling Services. Students were able to enjoy free music message therapy

sessions, reflexology and jewelry making.

"Counseling Services pop music stress and we want to help give back to every one we can," said Dean's counselor Lynn Robinson White. "We are a bit more students that are not more are looking at this time of year. A lot of them come in saying they wanted they had some as a student."

You can also take some stress relief to relieve stress. Things you can do to relax at home include going to the gym, walking outside, relaxing and listening to music. You can talk to people with a counselor or your friends and family and, don't forget, summer is just around the corner.

Students create a WEARness through design and emotion

By RACHEL HENRY

The curtains torn behind the curtains last night falling in time to the beat of the music, the machine the end of the runway and pieces were assembled with. Her dress of green rubber gloves envelopes, her, crystalline hands holding her and reaching out toward the assembled audience.

On April 4 and 5, Charlotte's second year class of merchandising students hit the catwalk with the second annual *WEARness* Runway Performance 2012 at the Bank Theatre and Theatre District Centre in Kitchener.

Hosted by second year students and assisted by first-year students, proceeds from the event were donated to the local food bank.

Sponsored by Duffer Ingersoll and supported by Laura Harding and Margaret Hodges, all professors in the program, the fashion show featured wearable haute couture designed by each student. Flaring a piece — this was a bang on element of design and an emotion.

"We started talking about it last year," student Erin Dufford said. "We wanted it

to be also and elegant, using elements of design and nature."

Introduced by actress Lynn Spence of TV's *Cyberchase*, each designer had the opportunity to showcase their piece individually, either self-modelled or with a model of their choosing.

"Lynn does an exceptional job of explaining each piece to the audience," said Hodges, who is also the visual merchandising and interior design program coordinator. The presentation also included a video clip, directed by each designer in collaboration with two broadcast students, that was played before, after or during their runway.

"We all about showing the audience what our students really are," Hodges said. "They're extremely creative, so the whole program is that we take a very visual, bold and make it into something they're really proud of."

Through the event's location was pre-arranged, students were required to give the rest of the evening in the variety.

"It transcends a lot of different courses," Hodges said. "We talk about it in marketing, promotion and research

and visual merchandising. If the whole purpose is to create drama, then how to do catering, ads, using props and make money for the event?"

Despite being "super stressed," as Dufford stressed in the audience agreed that they appreciated their stress and their creations.

"I showcased my stress and it merged with my own costume. I turned internally to find inspiration," student Kristina Gonsky said. "I really wanted to get outside my comfort zone and challenge myself."

Charlotte Patricia Gonsky found her inspiration for her show was made in front of her. Using the childhood story of the Ugly Duckling, she used a combination of texture and elements versus nature.

"I didn't go out looking for it," she said. "We put something you have."

No matter how they started the creative process, the students' graduation were required to show the audience the heart of their talent.

"This feels like it's our graduation. It's our night to let on a heightened level," Dufford said. "We're not showing it with anyone."



PHOTO COURTESY

A dress made entirely of rubber gloves amazed audiences at the *WEARness* April 4 and 5. Students share their own stories, in addition to self-model their creations. Professional hair and makeup artists were on hand to help make the designer's vision come to life.



PHOTO COURTESY



PHOTO BY RACHEL HENRY

Charlotte's second-year visual merchandising class was excited to show off their latest *WEARness* runway designs. The students were made available to patrons for the purchase of the event, where they were expected to have roughly 500 people over the course of two nights. Lynn Spence of *Cyberchase* introduced, providing introductions and explanations of the designs to the audience.

Visual merchandising students Kristina Gonsky modeled her own piece at *WEARness*. Students paired elements of design with an influencing emotion in order to place that was chic and elegant while at the same time edgy and fashionable.

hockeyfest

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Student athletes recognized

by STEVE STRICKLAND

Michael De Fazio and Caitlin Martin received well-deserved applause and cheers after being named Coquitlam's athletes of the year April 4.

More than 30 awards were handed out at the 44th annual Variety Athlete Awards Banquet that took place at Coquitlam Place, 110 Mainline Dr. in Richmond.

De Fazio, a student in Coquitlam's advanced care vocational program, played basketball and earned silver at the OCAA Provincial Singles Championships.

"He only had to use pay all year," headmaster Mark Tony Parker said. "Michael earned silver in both the western regional and the provincial games."

De Fazio previously graduated from Coquitlam College and this was his first year at Coquitlam.

Martin, a student in the environmental applications post-graduate program, played on the women's rugby team. She was third overall in OCAA scoring and the team earned the OCAA silver medal. This was the first year there was a women's rugby team at Coquitlam College. Before coming to the college, Martin earned a chemical engineering degree from the University of Waterloo.

Morgan Khan, a player on the men's outdoor soccer team, was named the OCAA overall rookie of the year. The team was the OCAA bronze medalist.

Paul Osborne, director of athletics and recreation at Coquitlam College, looked off the banquet with a speech and a videotaped show.

After dinner, the trophies were handed out. Trivia cheered as their teammates won awards. The first ones presented were 16 athlete scholarships. The scholar ships were chosen by the coaches for athletes who showed leadership and skill in their respective sports and academic potential.

Next up, variety team members handed out an MVP award and a coach's awards.

The MVP winners were Lauren Armstrong (women's basketball), Ericson Hancock and Stephanie Hansen (juniors), Laura Mohr (men's rugby), Caitlin Martin (women's rugby), Nathan Greene (men's outdoor soccer), Felipe De Coudreaux (men's indoor soccer), Heather Shaker (women's outdoor soccer), Amanda Allen (women's indoor soccer), Jon Mowat (men's volleyball), Tiffany Parker



Paul Osborne, director of athletics and recreation at Coquitlam College, looked off the Variety Athlete Awards Banquet April 4 with a speech and a videotaped show.

(women's volleyball) and Michael De Fazio (basketball).

Academic awards, given to

athletes who also maintained a 3.00 GPA or higher in the fall semester, were given to 20 students that year.



PHOTOS BY ANN STRICKLAND
Michael De Fazio, a college basketball player, received the male athlete of the year award.



Caitlin Martin, who played on the women's rugby team, was named female athlete of the year.

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A swing and a miss

Tony Woods is having his grip on his audience. People had high hopes for the former PGA great as the inductee of the Masters Tournament on April 5, after a decades' victory at the Arnold Palmer Invitational just two weeks earlier.

Woods also had hopes of his own, as he was just one win away from tying Jack Nicklaus for the second most PGA Tour titles of all time.

His hopes dissolved when he stumbled through the first round of the tournament. It was on the second round, however, that he really fell apart. After a series of bogeys and penalty strokes, Woods found himself on the 14th tee, making yet another bad shot.

He proceeded to lose his driver in the general's and had a second tee shot as a consequence. The next few rounds didn't go much better for a disgraced and Woods, who finished 18th overall in the tournament.

I saw this tournament as a chance for Woods to redeem himself, a chance to have his name read in a position right above and possibly replace Tiger's name.

Woods still has a customer list of tournaments to prove himself, but my question now is: will anybody care?

The one time golf prodigy and face of the sport has evolved into a well-oiled machine, his personal life has been rocky.

The man brought a whole world of problems down on himself approximately two years ago when he got caught with his wife's mistress around his ankles.

It undoubtedly affected his game afterwards, a fact which brought him little sympathy.

But even now, Woods seems to be a different person on the course.

In the past couple of years, he has dropped out of four major events twice over questionable injuries and has lost more tournaments and the trust of fans.

His professionalism has deteriorated along with his performance.

For once he feels a bit of pressure, but you don't see other golfers routinely quit-



David
Smith
Opinion

ting in the middle of tournaments or looking their clubs around. The somebody worth \$200 million, he does a lot of time planning. I don't speak for everyone when I say this, but my interest in Woods will continue to wane unless he has a serious change in attitude.

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